

February 13, 2015



HPAC News

Perhaps you are planning to purchase some Valentine's Day goodies this weekend at COBS Breads in Edgemont Village. If so, please remember to say "Highlands Elementary School" before you play - **5%** of purchases go to HPAC.

Have a good weekend!

If you would like to include any information in the weekly HPAC News, please forward your submission to kirstiepirie@yahoo.com by Wednesday afternoon.

This issue:

- Family Bingo Night
- Natural Playground Update
- Mabel's Labels
- Purdys Chocolates/Grade 7 Fundraiser
- NVPAC Meeting, Feb 25
- In the Community

Family Bingo Night

TODAY: Friday, February 13th
6:30 - 7:30pm (doors open at 6:15pm)
Highlands Elementary Gym

Everyone is encouraged to come out tonight for a family-oriented night of BINGO!

Bingo Cards are FREE and there will be lots of PRIZES to be won.

The Grade 7s will be hosting a BAKE SALE as well as raffling off multiple Valentine Gift Baskets.

We look forward to seeing you there!

Please note that no child-minding will be available.

Natural Playground Committee Update

Highlands Natural Playground Committee had a very successful and inspiring design review meeting last week. We are now working through all the constructive feedback and will be ready to show our Round 2 Designs to the committee in the very near future.

If anyone is interested in joining the committee to help design, fund and build a natural playground for Highlands, please contact Tracey@gloriousday.com.

As part of the committee you get a sneak peek at our progress and can help shape what this playground may look like. Fun stuff! And if you or your kids have any fun and interesting natural playground ideas you'd like to share with us, **now is the time** to let us know!

Mabel's Labels are here...

...to help Highlands' students and their families keep belongings labelled while helping to raise funds for our school. **20%** of purchases made through the following link will go to Highlands!

<https://www.mabelsfundraising.com/campaigns/20592-highlands-elementary-school>

Feel free to pass on the link to friends and family!

In Time For Easter: Purdys Chocolates/Grade 7 Fundraiser

Beginning today, the Purdys order forms will be sent home - please check your child's backpack. More information will be included in next week's newsletter.

North Vancouver PAC General Meeting

Wednesday, February 25 7:00 pm

5th Floor - 2121 Lonsdale Avenue

Free parking in underground garage off of 21st Street

All parents are welcome to attend. The meeting will feature these presentations:

- New Trustee Liaison, Franci Stratton, will visit and would like to discuss opportunities for reciprocal communications between the Board and PACs.
 - A presentation on self-regulation and the strategies being used within several of the Families of Schools to support this concept.
 - The firm ePACT has developed online emergency release forms which are being piloted in some North Van schools. The meeting will include more about this program, including the cost, and be an opportunity to ask questions.
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In the Community...

Highlands Preschool Children's Sale

Saturday, February 28th 9:00am - 12:00pm

Highlands United Church (3255 Edgemont Blvd.)

One of the largest children's sales on the North Shore is only a few weeks away!

Do you have some gently used kids' toys, gear, etc. to sell? Book a table at: <http://www.highlandspreschool.ca/childrens-sale-2015/>

Minimum \$2.00 donation for admission. Refreshments will be available with a minimum \$1.00 donation per item.

Highlands Little League:

Register now for **Highlands Little League**, playing out of Delbrook Park, before the **February 23** deadline. Boys and girls between the ages of 4 and 15 can join a team and learn about sportsmanship and competition in a fun environment.

Blast Ball for 4 year olds was a huge success for Highlands last year. Fast-paced action and skill development for the little ones. Find out more at www.highlandsfbaseball.com.

MEND: Mind, Exercise, Nutrition, Do-it!

A **free**, healthy lifestyle program for children 7-13yrs and their families working together to achieve healthy weights.

MEND empowers children and families to become fitter and healthier together. This **FREE** program includes family workshops on health topics followed by fun physical activities for the kids. While the children are busy being active, parents can share their experiences about transitioning to a healthy lifestyle.

The program runs twice a week for ten weeks for two hours each session. Post program, families receive free recreation passes to encourage sustained changes. (Note, this program is not a diet or a weight loss program.). This program is funded by Healthy Families BC and supported by BC Parks & Recreation Association and the YMCA of BC & Yukon. North Vancouver Recreation Commission is the host agency.

REGISTRATION AND MORE INFORMATION:

Tracy 604-983-6401 or wakalukT@nvrc.ca

Session #1: April 8 – June 14 (Wed 5:45-7:45pm & Sun 3-5pm) at John Braithwaite Community Centre

Session #2: October – December 2015 (Days & Times TBA), Harry Jerome Recreation Centre

Here is a link to a 4 minute video about the program:

<https://www.youtube.com/watch?v=RuthJt847q4&feature=youtu.be>